



Advanced Depth

Choose Your Own Journey Visualization Outline

1. This is a tool you may choose to use when you are working with a client on a place they are stuck, stymied, in fear or can't seem to access the resource inside of themselves that will support them in achieving their desired goals
2. Coach client to lightly see the pattern that is happening in the current situation
 - Ex: Not finding the courage to set a boundary
 - Ex: Hiding in a moment where they really want to shine
 - Ex: Not asking for love and support
3. Ask Permission – would you like to take a deeper look at this?
4. Find memory “Lightly recall a memory that reminds you of this situation....”
5. Determine if the memory is a valuable and appropriate one to use
 - Ask about the memory to see if it feels like it has legs (does it seem to you there is a part of impulse that got buried there?) – “Briefly tell me a little bit more...”
6. Be trauma-informed:
 - Don't pick a memory that appears to be a traumatic memory that has not been working through
 - Ask: Is this a moment you feel comfortable exploring or doing deeper work with? Is this a memory you feel comfortable focusing on?

- Remember: Even though the technique briefly & lightly starts with a memory, this technique is very much about the present and bringing your client's FUTURE HIGHER SELF online.

7. Prep Instructions for Your Client:

- Let your client know that you are going to briefly start with history and then diverge from history into wherever their higher self wants to take them, and that you will let them know exactly when it's time to diverge
- Let your client know: Your job isn't to analyze. It's to see and feel. I'm going to keep on reminding you to see and feel and see and feel
- Let your client know that they can see anything from the real to the fantastical....and it is all OK

8. Support your client to briefly go back to the memory - to be in the room and see through their eyes.

9. Ask the client to Divert from History: If you could do or say anything, from the real to the fantastical – and you knew it would be ok no matter what – what is the impulse?

- You may need to normalize if tentativeness comes up around the impulse. All impulses and all parts are important. It's about how we express them in real life.

10. Invite client to see and feel themselves move through the impulse

11. And then ask again: If you could do or say anything, from the real to the fantastical – and you knew it would be ok no matter what – what is the impulse?

12. Invite client to see and feel themselves move through the impulse

13. When you sense your client has really found the part of themselves/the impulse that can empower them, ask them to make a body memory

14. If at any point, the client gets stuck, invite them to see and feel a cool, refreshing, renewing gale of wind come swirling over them, and their outer layer sheds, and a new refreshed them pops out. How does this one feel? What does this one look like? And

then go back to the question: : If you could do or say anything, from the real to the fantastical – and you knew it would be ok no matter what – what is the impulse?

15. Give client time and space to share about the experience. Create Deeper Awareness. Reflect what you saw in them and for them.